

Pea Pesto

Season: Autumn

Makes: Approximately 1 cup

Fresh from the garden: basil, garlic, lemon, peas

Recipe source: Tony Chiodo, Delightfully Gluten Free with Tony Chiodo workshop

This recipe uses pine nuts but you can substitute pepitas (pumpkin seeds) or sunflower seeds if there are nut allergies in your class.

Equipment:

metric measuring cups,
scales and spoons
small saucepan
small frying pan
zester
food processor

Ingredients:

¼ cup extra-virgin olive oil
30 g fresh basil leaves
155 g fresh peas, blanched
155 g pine nuts, lightly toasted
2 garlic cloves
2 tbsp white miso
1 tsp lemon zest
splash of water

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Place the oil, basil, peas, pine nuts, garlic, white miso and lemon zest in the bowl of the food processor and purée until smooth.
3. Add a splash of water to create a creamier texture, if desired.

